

CRANBERRIES, SLICED, DRIED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Sweetened **dried cranberries** are processed from whole premium USDA Grade No. 1 fresh cranberries. They are sprayed with a sugar solution to balance tartness and give them appropriate texture and mouthfeel. They are also sprayed with oil to prevent sticking together.

Pack/Yield

Dried cranberries are packed in 30 ounce pouches. Each bag provides 28 ¼-cup servings.

Storage

- Store unopened dried cranberries in a cool, dry place off the floor not exceeding 65°F. Shelf life is extended if stored below 45°F.
- For best quality, unopened and opened, dried cranberries should be used within 12 months if stored below 65°F; 18 months if stored below 45°F. Best storage is at low humidity, so refrigeration is excellent for storage.

Uses and Tips

- Dried cranberries are a quick and easy snack, and can be eaten right out of the package.

(See recipes on reverse side)



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- Use as a tasty addition to trail mix, quick breads, muffins, desserts, sauces, salsa, and salads.
- Sprinkle dried cranberries over cold or cooked cereals – dried cranberries can also be cooked in the cereal.
- Dried cranberries are a delicious addition to chopped chicken or turkey salads.

Nutrition Information

- Dried **cranberries** are a no-fat, no cholesterol, no sodium food.
- ¼ cup of dried cranberries provides ½ serving from the **FRUIT GROUP** of the **Food Guide Pyramid**.

Nutrition Facts			
Serving size ¼ cup (30g) dried cranberries			
Amount Per Serving			
Calories	97	Fat Cal	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	23g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	1%
*Percent Daily Values are based on a 2,000 calorie diet.			

Cranberry Granola Bars

½ cup honey
2 tablespoons + 2 teaspoons brown sugar
1 tablespoon + 1 teaspoon oil
1½ cups oats
1¼ cups toasted rice cereal
1¼ cups dried cranberries

Recipe provided by Ocean Spray Test Kitchen

1. Combine honey, brown sugar, and oil in a small saucepan. Heat over low heat until well mixed.
2. Mix oats, rice cereal, and cranberries. Add honey mixture and stir until thoroughly combined.
3. Pat firmly into an 8" x 8" baking pan.
4. Bake in 350°F oven for 15 minutes; press mixture firmly, once more, into the bottom of the pan. Bake 5 more minutes.
5. Cool completely. Refrigerate, at least one hour, for easier cutting. Cut 4x6 for **24 bars**.

Nutrition Information for each serving of Cranberry Granola Bars

Calories	79	Cholesterol	0 mg	Sugar	12 g	Calcium	4 mg
Calories from Fat	9	Sodium	11 mg	Protein	0 g	Iron	.3 mg
Total Fat	1.0 g	Total Carbohydrate	16 g	Vitamin A	19 RE		
Saturated Fat	.1 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Crimson Slaw

½ head (1 pound 8 ounces) red cabbage, shredded
½ red onion, thinly sliced
¼ onion, thinly sliced
4 tablespoons oil
2 tablespoons vinegar
2 tablespoons sugar
½ teaspoon salt
¼ teaspoon black pepper
1 ½ cups dried cranberries

1. Toss cabbage and onions together in a large mixing bowl.
2. Mix oil, vinegar, sugar, salt, and pepper together in a small bowl to make a dressing.
3. Pour dressing over cabbage mixture; toss with cranberries.
4. Marinate in refrigerator for 1 hour.

Serves 6

Recipe provided by Ocean Spray Cranberries, Inc.

Nutrition Information for each serving of Crimson Slaw

Calories	231	Cholesterol	0 mg	Sugar	34 g	Calcium	62 mg
Calories from Fat	84	Sodium	206 mg	Protein	1 g	Iron	.8 mg
Total Fat	9.4 g	Total Carbohydrate	36 g	Vitamin A	4 RE		
Saturated Fat	1.6 g	Dietary Fiber	3 g	Vitamin C	65 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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